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## Give Beauty a Chance

Ida Halpin

*Iowa State College*

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# Give Beauty a Chance

*Careful time management is urged by Ida Halpin if you wish to maintain your fastidious duties*

**C**OLLEGE women are sometimes criticized about their sloppiness, disguised as casualness, their dirty shoes, their—yes, I will say it—scraggly locks, and baggy sweaters.

We can accept these idiosyncrasies if the women in them are always feminine and alluring. You budget your study time, play time and your money. Why not budget your beauty time, too? You'd be surprised how a little planning will keep you in tip-top condition so you won't face Friday night with that terrible feeling of being and looking like a wreck for your week-end dates.

Use half an hour Monday night right after house-



*Just because you're busy is no excuse for untidy locks and a pile of undone laundry*

meeting or just before you shower and hop into bed, to make yourself an old smoothie. Use a depilatory or razor on your legs and under arms. Pluck your eyebrows, groom them into a clean shape, get even the little baby hairs at the outer edges and this operation will last you through till next Monday in record style.

Tuesday is rather a low-ebb night. Start at 10 and take a super-special bath—forego the showers this once and fill the tub full of fragrant bath salt water and creamy soap. Get out your complexion brush and really scrub your face, neck, back, elbows and knees. You'll positively glow after this treatment and

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it will be so much easier to get up for your Wednesday 8 o'clock. While you're still in this luxurious mood, use a little of your face cream or hand lotion on your ankles and heels.

It's Wednesday night and Saturday's manicure is wearing off in spots. Give yourself another one, and a thorough one, too, during that after dinner chat before settling down to study. Completely remove the polish and soak your hands in warm soapy water for a few minutes.

Instead of just soaking your hands, you might rinse out your hose and undies that have accumulated in your clothes bag since the weekend. Take plenty of time putting on the new polish and you'll be rewarded for your efforts by lovely looking hands. Pick a shade that will harmonize with almost everything you have—save the gaudy, lush colors for formal nights.

Comes Thursday and you wash your hair—you can't avoid it, everybody does it. The halls are a-buzz with girls borrowing shampoo, vinegar, bobby-pins and hair nets. The poor one who is adept in the ringlet-making line is much in demand. So if you have this talent either keep your ability to yourself or plan to turn hairdresser every Thursday night.

Friday night and the weekend is starting. Give yourself a facial about 5:30 and lie down for twenty minutes and think pleasant thoughts. Then rinse your face and hurry down to dinner. You'll be surprised how much glow this will add to your final after-dinner preparations. You'll be walking on clouds.

Saturday comes with the whole afternoon off. There'll be football games in the fall, ice skating during the winter and tennis and picnics in the spring, but sandwich in a little time either right after lunch or just before dinner to wash your undies, do a little much needed pressing and then another complete manicure before your date.

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